

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of health education based on theory of planned behavior on fear of natural childbirth in pregnant women

Protocol summary

Summary

The aim of this study was to determine the effect of education based on the theory of planned behavior on childbirth fear rate. (Inclusion criteria:The absence of mental diseases , high-risk pregnancy, pregnant women with no history of previous cesarean section, pregnant women at 28-36 weeks of pregnancy, pregnant women with fear score 28 or higher. Exclusion criteria: absence of women in ongoing training sessions (absence in more than one session of educational intervention sessions) , unwillingness to continue to participate in the study, the women's who did not access to post-test questionnaire. In the beginning, from four health care centers in four different areas of The Aleshtar city, intervention group and the control group of 50 people for each of the groups shall be elected randomly. In the intervention group educational content based on the theory of planned behavior, including knowledge, attitudes, subjective norms, perceived behavioral control and behavioral intention, to reduce fear of childbirth, as well as training by lecture and group discussion, and both the manual and the training pamphlet offered and at the end of three months after spacing, The questionnaire will be filled by pregnant women participating and training package will be given to the control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120625399N1**

Registration date: **2016-06-05, 1395/03/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-05, 1395/03/16

Registrant information

Name

Monir Yosefvand

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-01-21, 1394/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of health education based on theory of planned behavior on fear of natural childbirth in pregnant women

Public title

The impact of education through lectures, question and answer on the fear of natural childbirth in pregnant women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:The absence of mental diseases , high-risk pregnancy, pregnant women with no history of

previous cesarean section, pregnant women at 28-36 weeks of pregnancy, pregnant women with fear score 28 or higher. Exclusion criteria: absence of women in ongoing training sessions (absence in more than one session of educational intervention sessions) , unwillingness to continue to participate in the study, the women's who did not access to post-test questionnaire.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Basij Sq.,
Sardashat, Arak

City

Arak

Postal code

00983818146851

Approval date

2015-07-05, 1394/04/14

Ethics committee reference number

IR.ARAKMU.REC.1394.166

Health conditions studied

empty

Primary outcomes**1****Description**

Reducing fear of childbirth

Timepoint

Before and after the intervention

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

Knowledge, attitudes, subjective norms, perceived behavioral control and behavioral intention

Timepoint

Before and after the intervention

Method of measurement

Questionnaire

Intervention groups**1****Description**

" Intervention group : According to the need assessment done to provide educational materials And in-person with booklets and pamphlets to pregnant women by the researcher and through lectures, question and answer and discussion ."

Category

Prevention

2**Description**

"Control group: After the intervention, a brief leaflet samples from a control group provided educational materials to pregnant women."

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Lorestan University of Medical Sciences

Full name of responsible person

MonirYosefvand

Street address

Kamalvand, Khoramabad

City

Aleshtar

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Arak University of Medical Sciences , Vice chancellor for research

Full name of responsible person

Mohammed Rafeie

Street address

Department of Education and Research, training
Integrated Campus, Mobilization

City

Arak

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Arak University of Medical Sciences , Vice chancellor for
research

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

Monir Yosefvand

Position

Masters student

Other areas of specialty/work**Street address**

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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Doctor M. khorsandi

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PhD / Associate Professor

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Fax**Email****Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty